

**WHEAT & GLUTEN FREE Breakfast options or for any small gluten free meal.
These meals are for everyone whether we are gluten intolerant or not.**

Quality of food is important:

Eggs need to be certified organic or certified free range.

Whole grains are preferred to be certified organic if available.

Vegetables are preferred to be certified organic or fresh market food.

It's important the yoghurts are certified organic without added fruit or flavouring.

Meal 1: Whole grains brown rice/quinoa/millet – cook in water with pinch unprocessed salt and store in refrigerator. (1 x cup grain to 3 cups water)
>Add the cooked grain to chicken or fish stir fry in pan with extra virgin olive oil or butter.
Onions, garlic, may be lightly fried and mixed in.
>Eggs – beat eggs and fold into the whole grain mix.

Meal 2: Frittata – mash left over cooked vegetables. Mix in an egg and cook in pan with olive oil or real butter (cream, water, salt).

Meal 3: Fish, grilled or fried in butter. Also may be cooked in a stainless steel pan steamed in water with lemon juice or vinegar. Add olive oil, and chopped green herbs.
> Tomatoes sauté with onions, capsicum, mushrooms, zucchini in olive oil and served with the fish, or sardines/anchovies/tinned Wild Alaskan salmon.

Meal 4: Poached eggs on grilled or sliced tomato and rice cakes spread with real butter.

> 2-3 egg omelette filled with chopped vegetables/parsley & shallots or vegetable left over veg from last night's meal.

> 2 hard boiled eggs wrapped in lettuce leaf – unprocessed salt or kelp meal.

Meal 5: Half avocado, filled with canned salmon and fetta cheese, drizzled with lemon juice and dried herbs.

Meal 6: Certified organic plain yoghurt with mixed in fresh or frozen berries and 2 teaspoons LSA (ground flaxseed, sunflower & almond)

> Certified Organic plain yoghurt with flax seed oil mixed in plus chopped fruit in season, plus teas pure cream.

Meal 7: Fruit salad with chopped nuts and seeds, with teaspoonful pure cream.

Meal 8: Stewed fruit (apples, pears etc) or stewed dried fruits (prunes, apricots, and raisins) topped with certified organic yoghurt, with LSA as option.

Meal 9: Quality protein powder as base for Smoothie drink. Protein powders are made from golden peas, carob bean, egg white, whey powder or rice protein.

Recipe: Add protein powder to blender amount as per label instructions.

To potentise your liquid meal add as follows: (note flaxseed & linseed are the same seed)

> Filtered water, 1 cup + 1 cup of milk (rice, almond, goat, organic cow or fruit juice)

> Soft fruit in season: pineapple, paw paw, avocado, pear, plum, dragon fruit, blueberries.

> 1 x tablespoonful flaxseed oil or Udo's oil, or extra virgin olive oil, hemp seed oil

> 1 x tablespoonful LSA (ground flaxseed, sunflower, almond) or soaked flaxseed.

Other additions may include:

> psyllium, raw egg, yoghurt, molasses, cocoa powder, brewers yeast

> Selection of sweeteners if wanted: stevia, maple syrup, brown rice syrup, raw honey

Meal 10: Juice vegetables (carrot, celery, beetroot, apple or of choice – not too many, it's best to have a different combination next juice than to include all in one drink). Add 1-2 teaspoonfuls pure cream, flaxseed or olive oil and drink slowly. You need fat to transport the fat soluble vitamins A, E, D, and K that are in the vegetables to the cells)

To potentise your liquid meal, add a selection from the following:

> green powder such as wheat grass, barley grass, spirulina or chlorella.

> 1 x teaspoonful of kelp meal/powder

> 1 x tablespoonful soaked chia or flaxseeds